1. Because of my breathing problems, I walk on the flat
   - as fast as normal
   - just below normal
   - slowly
   - very slowly

2. Because of my breathing problems, I can walk on the flat without stopping for
   - less than 20 paces (less than 10 yards)
   - about 40 paces (about 20 yards)
   - about 80 paces (about 40 yards)
   - I never need to stop because of my breathing

3. When I wash myself down I usually
   - dry myself without any problems
   - dry myself slowly
   - sit and dry off
   - need assistance to dry myself

4. If I wanted to, I could do light gardening or DIY
   - as much as I want so long as I take it slowly
   - for a short time as long as I can take it slowly
   - I could not do these jobs
   - Don’t know/not interested
5. I usually feel that I have

- [ ] more energy than other people of my age
- [ ] as much energy as other people of my age
- [ ] slightly less energy than other people of my age
- [X] much less energy than other people of my age
- [ ] no energy at all

6. When I am with family or friends I am

- [ ] not embarrassed by my breathing
- [ ] occasionally embarrassed by my breathing
- [ ] often embarrassed by my breathing
- [ ] nearly always embarrassed by my breathing

7. When I am at social gatherings my breathing problems mean that

- [ ] I go right in and enjoy myself
- [ ] I go in but keep an eye on where the door or window is
- [X] I stay on the edge or near a window or door
- [ ] I never go to social gatherings

8. On average, my breathing problems usually keep me awake at night

- [ ] hardly ever at all
- [ ] up to half an hour
- [ ] about one to two hours
- [ ] most of the night
9. My breathing problems

Please tick one only

○ never make me depressed
○ sometimes make me depressed
○ often make me depressed
○ nearly always make me depressed

10. My breathing problems

Please tick one only

○ never make me worried or anxious
○ sometimes make me worried or anxious
○ often make me worried or anxious
○ nearly always make me worried or anxious
THANK YOU VERY MUCH INDEED FOR HELPING US WITH OUR RESEARCH.

WOULD YOU PLEASE RETURN THIS QUESTIONNAIRE TO: